

THE
HIGHLANDER
Economical
Cookery
Book.



PUBLISHED BY
N.Z. MILK
PRODUCTS LTD.
INVERCARGILL.
N.Z.

Safety First !

CHILDREN may suffer from over feeding, or from being fed with food too rich and nutritive, no less than from receiving too little nourishment. As the amount proper for one child may be too much or too little for another, a hard and fast rule cannot be laid down. *The doctor, nurse or mother must determine in each case the strength and quantity of food to be given.*

Use UNSWEETENED MILK (Highlander Brand) For FEEDING BABY !

Pure, and Free from Harmful Bacteria

WITH the instructions below you can make *humanised milk* that is pure and free from injurious bacteria. To make Milk very closely corresponding to Human Milk, pour the contents of the 1/- tin into a quart measure and fill up with boiling water; put into a clean saucepan. Take 1½ozs. (three level tablespoons pressed down) of *Milk Sugar*, mix with $\frac{1}{4}$ pint (half breakfast cup) of boiling water. Add to saucepan and heat to 160° F. and cool quickly. Keep cold until required for bottle (warm bottleful in usual way). Following these instructions the Humanised Milk will contain:—

Butterfat 3.1%	Milk Sugar 5.5%
Protein 1.6%	Milk Salts .4%

When using this or any other bottle food, the baby should have fresh fruit juice every day. Never mix more than required for 24 hours, and keep cold. When starting to use this or any other Humanised Milk, it is advisable to add more water for the first few days, and gradually work up to the full strength. *Unsweetened Milk* (Highlander Brand) is also put up in half-size tins, which, with half the quantity of the other ingredients, will make one pint of Humanised Milk.

All Stores, 6d. and 1/- per Tin

The Highlander Economical Cookery Book

1925



Comprising the
Recipes Used and Demonstrated
at the Chalet, Auckland Exhibition
1913-1914

Revised and added to by
MRS. M. S. TURNER

Issued and
Published by

N.Z. MILK PRODUCTS LIMITED
INVERCARGILL, N.Z.

Proprietors and Manufacturers of the
“Highlander” Brand ^{Sweetened & Unsweetened} Preserved Milk

My Pure Milk Supply.



All Stores, 6d. and 1/- per tin.

. INTRODUCTION .

MILK.

Pure Milk is one of the most perfect forms of food. It is almost unique as an article of diet, as it contains all the necessary substances to produce bone and muscle.

Milk is the food most easily and completely assimilated by the human system, and its value cannot be overestimated, provided, of course, that its purity is undoubted.

There is no food that can be relied upon to give the same satisfaction as pure milk if it can be guaranteed free from harmful bacteria. However, the very perfection of milk as a food for the human system also makes it a perfect medium for the growth of the bacteria which give rise to various diseases, and fresh milk, even when taken from healthy cows which are kept clean, is always liable to contamination by disease-producing bacteria during the process of milking, and is absolutely certain to be so contaminated every time it is changed from one vessel to another and exposed to the air.

A single drop of ordinary fresh milk when delivered to your door contains hundreds of thousands of bacteria, many of which may be capable of producing disease.

HIGHLANDER MILK is not thus affected. Any bacteria which may have been present in the Milk as originally produced (although the utmost care is taken that only milk from healthy cows, milked in a cleanly manner, and under constant supervision, is used) are completely destroyed during the process of manufacture, and when the milk is condensed its physical condition is such that bacteria cannot readily develop in it.

When you open a tin of HIGHLANDER MILK you have milk which contains none of the harmful bacteria, and even after the tin has been opened for a week there will be fewer germs in it than there will be in the best fresh milk only a few hours old.

Even in the hottest weather—"You can always depend upon it." One of the most important points to bring to the notice of mothers and cooks is, that the body creates nothing of itself either of material or energy. All must come to it from without. All the elements required are taken into the body by the food we eat and the air we breathe. It should be realised that muscular force or energy cannot be maintained without nutriment in proper quantity and quality. The knowledge that the health and strength of a person depends largely upon what passes through his mouth should induce all intelligent women to make the cooking of food a study.

It is with the object of assisting those women who have the welfare of their families at heart that the milk recipes given here are being published.



HOW TO MAKE BETTER BREAD

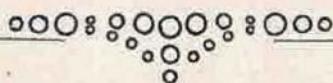
Use 2 ozs Compressed Yeast,
6 ozs. Salt, 20 lbs. Flour and
7 ozs (Half tin) Highlander
Sweetened Milk.

METHOD.

Dissolve Salt and Highlander Milk
in one gallon of lukewarm water.
Dissolve Yeast in small portion of
water and add after drawing in
small portion of flour. Mix in flour
thoroughly until dough is smooth
and does not stick to the hands,
then set away in warm place for
eight hours.



The History of Highlander Brand Milk



Highlander Milk was first placed on the New Zealand Market in 1901. It has been our constant endeavour to maintain one quality in Highlander Milk, and that the best. Our success, as exemplified by the position Highlander Milk occupies to-day, proves that our efforts in this direction have been appreciated.

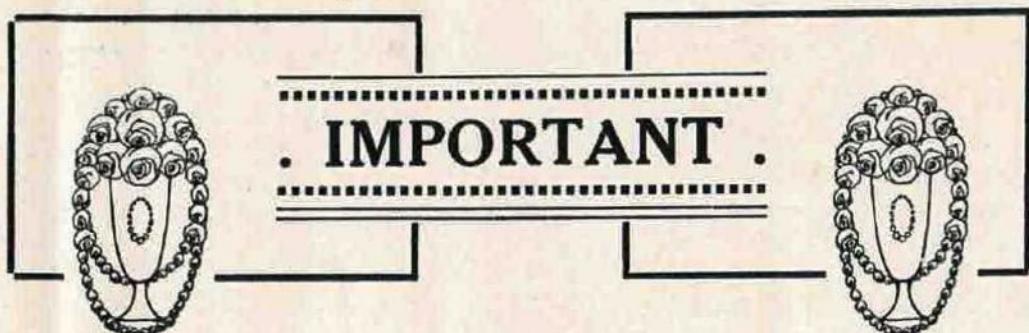
Highlander Milk is the purest milk of healthy cows, pastured on the rich Southland plains, taken only from dairies which are continuously and systematically examined by trained inspectors, and any milk which is not of the finest quality is rigidly excluded.

On arrival at the factory the milk is immediately subjected to treatment by which all pathogenic germs are killed, and is then condensed with pure cane sugar under ideal hygienic conditions.

Highlander Milk is made and tinned entirely with automatic machinery, and freedom from harmful germs, so often found in fresh milk as the result of careless handling, is absolutely assured.

Highlander Milk is made under a special process which ensures extreme solubility of the casein, and is specially suitable for infants and invalids. Highlander Milk is guaranteed free from any preservatives other than pure cane sugar. Its manufacture and purity are controlled by thorough and constant analytical and bacteriological examination, and its average composition (the results of hundreds of check analyses) is as follows:—

Milk Fat	-	-	-	9.25
Milk Proteids	-	-	-	9.5
Carbohydrates	-	-	-	53.75
Water	-	-	-	25.5
Milk Phosphates, etc		-	-	2.0



DILUTION OF PRESERVED MILK.

It will be noticed in the recipes where HIGH-LANDER SWEETENED or UNSWEETENED MILK is required, that in some cases it is used undiluted.

Where it is necessary to dilute the milk, the proportion of water to milk is shown in brackets.

EXAMPLE.—Jerusalem Artichoke Soup, No. 1.

$1\frac{1}{2}$ pints of Unsweetened Milk (1.3).

This indicates that ONE part of MILK must be added to THREE parts of WATER.

Where the recipe shows (1.4), ONE part of MILK must be added to FOUR parts of WATER.

To make half pint milk (diluted 1.3) put two and a half tablespoons milk in breakfast cup and fill with water.

To make half pint milk (diluted 1.4) put two tablespoons milk in breakfast cup and fill with water.

CELERY SAUCE.

$\frac{1}{2}$ pint Unsweetened milk (1.4)	$\frac{1}{2}$ pint water
1 oz. flour	1 oz. butter
Salt	2 sticks celery

METHOD.—Wash and cut the celery into small pieces, boil in the salted water till tender. Strain off half the water, add the milk and salt to it. Mix one oz. butter and one oz. flour to a cream, stir into the milk and boil four minutes.

BECHAMEL SAUCE.

$\frac{1}{2}$ pint Unsweetened milk (1.4)	2 oz. butter
1 blade of mace	$\frac{1}{2}$ pint white stock
Salt, 4 cloves	1 small onion sliced
2 tablespoons flour	Parsley, Thyme
	6 white peppercorns

METHOD.—Put the onion, seasonings and thyme to simmer in the stock for half an hour, strain. Mix the flour with milk, add to the stock and butter. Boil four minutes, stirring well.

CHAUDFROID SAUCE.

1 pint Unsweetened milk (1.3)	2 oz. flour
2 oz. butter	1 sliced onion
2 blades mace	12 white peppercorns
$\frac{1}{2}$ oz. gelatine	2 tablespoons water (to soak gelatine)

METHOD.—Simmer the onion and spices in the milk, melt the butter in a saucepan, stir in the flour, then slowly add the milk, strained. Boil four minutes, stirring well, remove from the fire, and stir in the soaked gelatine and salt. The sauce must NOT boil after the gelatine is added. When cool, use for moulding tongues or fish instead of aspic jelly.

BROWN SAUCE.

1 oz. butter (or bacon dripping)	$\frac{1}{2}$ pint Unsweetened milk (1.4)
1 teaspoon onion juice	1 heaped tablespoon
1 teaspoon celery salt	brown flour

METHOD.—Brown the butter or dripping in a saucepan, stir in the other ingredients, adding the Unsweetened milk slowly. Boil three minutes.

CAULIFLOWER SAUCE (for Boiled Fowl).

1 cup cooked cauliflower flowerets	$\frac{1}{2}$ pint melted butter sauce
1 teaspoon butter	Lemon juice

METHOD.—Add the cauliflower to the melted butter sauce, re-heat, and when ready, beat in the teaspoon butter and the lemon juice. Dilute the Unsweetened milk (1.3) for the sauce.

CURRY SAUCE.

2 oz. dripping	1 pint Unsweetened
1 onion chopped fine	milk (1.5)
Lemon juice, Salt	1 dessertspoon curry
1 tablespoon apple or currant jelly	powder
	2 tablespoons flour

METHOD.—Cook the onion in the dripping, add the flour, curry powder and salt. Cook five minutes, add one pint of Unsweetened milk (1.5), jelly and lemon juice, strain and re-heat.

CHEESE SAUCE, No. 1.

Take one cupful white sauce, two tablespoons Unsweetened milk (undiluted), three oz. grated cheese, pepper. Heat altogether without boiling, add the pepper and salt.

CHEESE SAUCE, No. 2.

Make a sauce with half a pint Unsweetened milk (1.3), one dessertspoon maizena, and one tablespoon butter. While boiling, add four oz. grated cheese, salt, pepper and mustard. When the cheese has melted, add one beaten egg. Must not boil after the cheese is added.

EGG SAUCE.

One hard boiled egg chopped fine, and added to half pint of boiling white sauce (made with Unsweetened milk (1.4)).

HORSERADISH SAUCE.

To one cupful of white sauce add two tablespoons hot Unsweetened milk (undiluted), and three tablespoons grated horseradish.

MUSHROOM SAUCE.

12 mushrooms	$\frac{1}{2}$ pint Unsweetened
1 dessertspoon of butter	milk (1.4)
Pepper and salt	

METHOD.—Wash the mushrooms, skin them, stew in the milk three-quarters of an hour. chop the mushrooms small. Mix a little flour with cold Unsweetened milk, stir it into the mushrooms with the butter, pepper and salt.

SAUCE PIQUANTE.

Add about two tablespoons of pickles chopped small, juice of half a lemon, and one teaspoon sugar to half a pint white sauce made with Unsweetened milk (1.3).

Keep a Stock in the House.

OYSTER SAUCE.

Beard twelve oysters, add them with their liquor and a little lemon juice to half a pint white sauce made with Unsweetened milk (1.3). Stir in one tablespoon Unsweetened milk (undiluted), and a little cayenne pepper. Must not boil after the oysters are added.

ONION SAUCE.

Peel, scald, and cut up two large onions, put into cold water, bring to the boil. Strain off the water, add fresh hot water, and cook till tender. Pour off some of the water, chop the onions fine, then add them to half pint melted butter sauce made with Unsweetened milk (1.4).

PARSLEY SAUCE.

Half a pint of the liquor in which meat has been boiled, quarter pint Unsweetened milk (1.3). Melt one oz. butter in a saucepan, stir in one oz. flour, then add the liquid; boil three minutes, stirring all the time, add seasonings and some finely chopped parsley.

TURNIP SAUCE (for Steamed Chops).

Boil and mash through a sieve one large white turnip, add to it half pint melted butter sauce, made with Unsweetened milk (1.4).

SAUCE FOR BOILED BEEF.

Half a pint liquid the beef was boiled in, two tablespoons made mustard, one oz. flour. Mix the flour with a little cold Unsweetened milk, add the warm liquid; boil three minutes, then mix in the mustard and one tablespoon Unsweetened milk (undiluted).

TOMATO SAUCE.

Brown one oz. of flour with one oz. butter. Slowly stir in quarter pint warm Unsweetened milk (1.4). Simmer three large tomatoes, with a slice of onion, pepper and salt, until tender, pulp through a sieve, add the pulp to the white sauce. Re-heat without boiling.

TOMATO SAUCE, No. 2.

To half pint melted butter sauce, made with Unsweetened milk (1.4), add half cup tomato puree and a quarter of a small teaspoonful of baking soda.

SOUBISE SAUCE (for Pork Chops).

Slice and scald two onions, cook with two stalks of parsley in water till very soft, pulp through a sieve, add to half pint white sauce, and one tablespoon Unsweetened milk (undiluted).

CUSTARD SAUCE.

$\frac{1}{2}$ pint Highlander milk (1.4)	1 beaten egg Essence lemon
1 teaspoon cornflour	

METHOD.—Boil the milk, stir in the cornflour, which has been mixed with a little cold milk, and boil for two minutes. When cooled, pour on to the beaten egg, add essence, and return to the fire to thicken. It must not boil after the egg is added.

CHOCOLATE SAUCE.

$\frac{3}{4}$ pint Highlander milk (1.5)	1 oz. chocolate
1 dessertspoon maizena	1 dessertspoon sugar Vanilla essence

METHOD.—Boil the chocolate in the milk with the sugar. Mix the maizena in a little cold milk, and boil together, stirring well. Add essence.

MOCK CREAM, No. 1.

1 pint Highlander milk (1.4)	1 dessertspoon maizena
2 teaspoons sugar	1 teaspoon vanilla 2 eggs (whites)

METHOD.—Mix the maizena with a little cold milk. Boil the milk and pour it over the maizena, cook 5 minutes. When cold, add the whites of the eggs beaten to a froth, and the vanilla, and serve immediately.

MOCK CREAM, No. 2.

1 tin Unsweetened milk, undiluted	1 tin boiling water
1 tin cold water	A pinch of salt

METHOD.—Mix the boiling water with the tin of milk, stir well, then add the cold water and salt. A good cream for hot weather.

SWEET BUTTER SAUCE.

$\frac{1}{2}$ pint Highlander milk (1.4, hot)	1 oz. butter
1 dessertspoon maizena	Essence

METHOD.—Make the butter hot in a small saucepan, stir in the maizena, then slowly add the milk, stirring well. Boil 2 minutes and add essence.

ARROWROOT SAUCE.

1 tablespoon Highlander milk, undiluted	1 tablespoon arrowroot
$\frac{1}{2}$ pint water	1 dessertspoon sugar 3 inches stick cinnamon

METHOD.—Simmer the cinnamon in the water, strain and pour the water on the arrowroot, which has been previously mixed with two tablespoons cold water. Add sugar, boil two minutes, and stir in the milk and flavouring.

YELLOW SAUCE.

1 pint Highlander milk (1.4, hot)	2 teaspoons maizena
2 yolks of eggs	Essence lemon

METHOD.—Mix the maizena with a little cold milk, pour the hot milk on to it, return to the saucepan and boil two minutes. Beat the yolks well, and pour the hot sauce on to them, stirring well.

Return to the fire to set the eggs. It must not boil after the eggs are added.

GOLDEN SYRUP SAUCE.

$\frac{3}{4}$ pint Highlander milk (1.4)	1 oz. flour
1 oz. butter	1 tablespoon golden
Essence of ginger	syrup

METHOD.—Brown the butter and flour in a saucepan. Slowly mix in the warm milk and syrup. Boil 4 minutes, and add essence.

SWEET APPLE SAUCE FOR BOILED RICE.

Apple peelings	1 $\frac{1}{2}$ pints water
1 tablespoon Highlander milk, undiluted	1 tablespoon sugar
1 piece whole ginger	3 blades mace
A few drops carmine	1 dessertspoon cornflour

METHOD.—Cover the peelings with the water, add mace and sugar. Simmer one hour and strain. Mix the cornflour with a little cold water, and add to the strained liquid.

Boil 2 minutes, then gradually stir in the milk, sugar and colouring.

SCALLOPED POTATOES.

Peel, slice, and wash six potatoes, put them in a buttered pie dish. Sprinkle each layer with pepper, salt, and onion juice. Dust over with a little flour, add a few pieces of dripping, barely cover the potatoes with hot Unsweetened milk (1.4). Bake in a moderate oven one and a half hours.

TOMATO CREAM TOAST.

$\frac{1}{2}$ lb. tomatoes	$\frac{1}{2}$ cupful Unsweetened
1 egg	milk (undiluted)
Baking soda (size of pea)	Pepper and salt
1 teaspoon sugar	

METHOD.—Scald the tomatoes and remove the skin. Put them in a saucepan with seasonings and soda; stew ten minutes. Add the egg well beaten with the milk. Re-heat without boiling. Serve on buttered toast.

TOMATOES AND MACARONI.

Break up small 4oz. of macaroni, cook three-quarters of an hour in three large cupfuls of boiling salted water. Strain, and put in a buttered pie dish, add half cupful of undiluted Unsweetened milk, pepper and salt. Simmer two cupfuls sliced tomatoes till tender, pulp through a sieve; add pepper and salt. pour over the macaroni.



HINTS ON MILK, STEAMED AND BOILED PUDDINGS.

Rice puddings should be thick and creamy, not dry and stodgy, which is the result of too much rice, and cooking too quickly.

If the top of the pudding is brown enough, cover with a greased paper to prevent burning.

All grains are best soaked before cooking.

If the pudding becomes burnt by accident, remove the burnt skin and add a little more milk and a piece of butter, when another skin will form.

Highlander Sweetened and Unsweetened Milk make excellent milk puddings. If Highlander milk is used (1.6), add a little finely shredded suet to the pudding.

For steaming pudding a saucepan tightly covered will answer the purpose. Place $\frac{1}{2}$ doz. large nails on the bottom of the saucepan to stand the basin on. This allows a passage of water between it and the bottom of the saucepan and prevents burning.

Rice, sago, and macaroni puddings should be stirred several times during the first part of the cooking, to prevent the grains settling at the bottom of the dish. When eggs are used, the grains should be cooked before the eggs are added.

The proportion of rice, sago, maizena, arrowroot, etc., to milk for a pudding is 1 oz. (or 1 tablespoon) to $\frac{1}{2}$ pint of milk. Milk puddings must be cooked slowly to swell the grains properly. When eggs are added, stand the pudding dish inside another dish containing water, to prevent the eggs curdling. In cooking steamed milk puddings the water must only simmer for the same reason.

TO STEAM PUDDINGS.

First well grease the basin, and only three parts fill it to allow room for swelling. Well grease some paper, and tie securely on the basin. Then stand it in boiling water which must only reach half way up the basin. As the water boils away, add more boiling water. Have a tight-fitting lid on the saucepan.

TO BOIL A PUDDING.

The greased basin must not be quite full. Dip a cloth in boiling water, dredge with flour, tie very securely over the pudding. Plunge the pudding into boiling water, and as the water boils away replenish with boiling water. Allow the pudding to stand a few minutes before turning out.

TO BOIL RICE.

Washing the rice in several waters removes the loose starch and helps to keep the grains separate. Drain well before putting it into plenty of boiling water (salted). Keep the lid off the saucepan and boil quickly so that it will not require stirring, as stirring breaks the grains. In about fifteen minutes try a grain between the finger and thumb. If soft, strain through a colander, and when well drained turn on to a hot dish and dry in the oven.

TO COOK MACARONI.

Break the macaroni into small pieces. Throw into boiling salted water, boil about twenty minutes, and, when tender, drain in a colander.

RICE PUDDING.

4 oz. rice	1 quart Highlander
$\frac{1}{2}$ oz. beef suet, shredded	milk (1.6)
$\frac{1}{2}$ teaspoon nutmeg	

METHOD.—Wash the rice, place in a pie dish with the other ingredients. Soak an hour, then cook in a slow oven about two hours. If required richer, add one or two beaten eggs when the grains are cooked.

SAGO PUDDING.

3 oz. sago	$1\frac{1}{2}$ pints Highlander
2 eggs beaten separately	milk (1.4)

METHOD.—Wash the sago, drain it and put it in a greased pie dish to soak an hour before cooking. Stir occasionally. When the grains are cooked, add the yolk beaten with one tablespoonful of milk; return to the oven to set.

Beat the white stiff with a pinch of salt, spread over the pudding, sprinkle with sugar, and brown.

SAGO AND DATE PUDDING.

1 cupful stoned dates	1 cupful bread crumbs
$1\frac{1}{2}$ pints Highlander	4 tablespoons sago
milk (1.5)	1 teaspoon (small) soda

1 tablespoon butter

METHOD.—Soak the sago in the milk all night. Add all the ingredients; mix well, and steam three hours.

YORKSHIRE PUDDING.

1 lb. flour	3 eggs
1 quart Unsweetened	$\frac{1}{2}$ teaspoonful salt

milk (1.5)

METHOD.—Add the milk slowly to the flour, and beat well. Allow it to stand one hour, then mix in the beaten eggs, just before putting the batter in the oven. When the meat is about half cooked, pour the pudding under it, and cook one hour.

APPLE AND BROWN BREAD PUDDING.

1 pint apples (chopped very fine)	1 pint brown bread- crumbs
4 oz. suet	2 oz. preserved ginger
4 oz. sultanas	(chopped small)
1 cup Highlander milk (1.4)	1 egg
3 oz. flour	$\frac{1}{4}$ oz. grated nutmeg

METHOD.—Mix the crumbs, suet, spice, ginger and flour well together, add the apples. Mix with the egg and milk, and steam two hours in a buttered mould.

APPLE BATTER PUDDING.

1 lb. apples (peeled and cored)	2 beaten eggs
$\frac{1}{4}$ lb. flour	1 pint Highlander milk (1.4)

METHOD.—Slice the apples very thin, and place them in a pie dish. Mix the flour and milk to a batter, then add the eggs and pour the mixture over the apples. Bake about half an hour. Serve quickly.

APPLE AND FIG PUDDING.

1 lb. flour	$\frac{1}{2}$ lb. suet
$\frac{1}{4}$ lb. bread crumbs	$\frac{1}{4}$ lb. brown sugar
$\frac{3}{4}$ lb. figs	$\frac{3}{4}$ lb. apples
1 teaspoonful powder	Highlander milk (1.5)

METHOD.—Mince the suet, apples and figs. Sift the flour and powder. Mix all the ingredients well together; add sufficient milk to make a soft dough. Boil in a basin or cloth for four hours.

APPLE PUDDING.

Paste made with suet. Line a buttered basin with the suet pastry, and fill the basin with apples, cored, peeled and washed. Sweeten, and add a few cloves: cover with pastry and pinch the edges well together.

Scald and flour a cloth, tie very securely over the top, and put it into boiling water. Boil two hours (about). If the water boils away, add more boiling water. Before serving, cut a round out of the pastry, pour into the pudding two tablespoonfuls Unsweetened milk (undiluted), and mix with the apples; then replace the round cut out, and serve.

APPLE AND SAGO PUDDING.

$\frac{1}{2}$ cupful (large) sago (soaked in the water)	Apples (cooking) 3 cupfuls water (large)
1 tablespoonful sugar	

METHOD.—Pare, core, quarter, and wash the apples. Put them into a pie dish and sprinkle with sugar. Pour the sago, which has been soaked in the water, over. Place some pieces of butter on top. Bake about one hour. Mix four tablespoonfuls Unsweetened milk with eight of warm water, and serve with the sago.

STEAMED ORANGE PUDDING.

3 oz. crumbs	1 oz. castor sugar
1 oz. marmalade	1 teacupful Highlander
1 or 2 beaten eggs	milk (1.4)
3 oz. suet chopped fine	

METHOD.—Beat the egg, add the milk, pour on the dry ingredients, and mix thoroughly. Turn the mixture into a buttered mould, and steam two and a half hours. Allow the pudding to cool a little before turning out.

APRICOT CREAM.

$\frac{1}{2}$ lb. dried apricots (soaked)	1 pint boiling Highlander milk (1.4)
2 dessertspoons sugar	2 eggs
2 teaspoons cornflour	$\frac{1}{2}$ pint water

Never Exceeded, Seldom Equalled.

METHOD.—Stew the apricots in the water with the sugar, about one hour. Put them in a pie dish, cover with custard; sprinkle a little pink sugar over the custard and serve.

CUSTARD.

Mix the cornflour with a little cold milk, pour the milk over, and stir over the fire until it thickens. When slightly cooled, pour over the beaten egg, and return to the fire until the egg sets. It must not boil.

TED'S PUDDING.

1 small cupful sago	1 cupful sultanas
3 cups flour	1 cup Highlander
2 eggs	milk (1.5)
2 tablespoons butter	1 tablespoon lemon peel
2 tablespoons jam	1 teaspoon soda

METHOD.—Cream the butter with the jam, add fruit, and stir in the beaten eggs and milk. Mix with the dry ingredients. Dissolve the soda in a teaspoonful of milk and add to the mixture. Steam two and a half hours.

STEAMED BREAD PUDDING.

1 lb. crusts or scraps stale bread	1 quart Highlander milk (1.5, boiling)
1 tablespoon golden syrup	2 eggs (beaten)
½ lb. sultanas	¼ nutmeg 1 tablespoon butter (oiled)

METHOD.—Soak the bread in one pint of the cold milk till soft; beat with a fork, before pouring over one pint of boiling milk. Cover the basin for ten minutes. Add the beaten eggs, warm butter, nutmeg, and fruit. Beat well before pouring into a buttered mould, and steam two hours.

BOILED BREAD PUDDING.

1 lb. stale bread	$\frac{1}{4}$ lb. sultanas
2 oz. currants	4 oz. suet
2 eggs (beaten)	$\frac{1}{2}$ pint Highlander
$\frac{1}{4}$ nutmeg	milk (1.4)

METHOD.—Soak the bread in milk for one hour, squeeze dry, and add chopped suet, flour and fruit. Mix thoroughly with the beaten eggs. Fill a buttered basin with the pudding, and steam one and a half hours. Stale crusts or scraps of bread may be used for this pudding.

BREAD AND BUTTER CUSTARD (Steamed).

$\frac{3}{4}$ pint Highlander milk (1.4)	2 eggs (beaten)
	Essence
Slices of bread and butter	Sultanas

METHOD.—Butter a basin, decorate with the sultanas, and almost fill the basin with the bread and butter. Add milk and essence to the eggs and pour it over the bread. Cover with a greased paper. Let it soak quite half an hour before steaming it one hour. The water in which the pudding stands must only simmer.

BANANA CREAM PIE.

Line a buttered pie dish with pieces of bread and butter. Nearly fill with sliced bananas, and add the juice of an orange and the grated rind. Beat two yolks of eggs and one white of egg with half pint of Highlander milk (1.3). Pour over the bananas, and bake about half an hour. Beat the one white stiff, add sugar and a little lemon juice, spread over, and place in the oven till slightly brown.

BANANA PUDDING.

3 bananas	1 pint Highlander
2 tablespoons maizena	milk (1.4)
Egg (beaten separately)	

METHOD.—Boil the milk and stir in the maizena which has been mixed with a little cold milk. Slice the bananas, add them to the milk, and boil three minutes. When slightly cool, mix in the beaten yolks. Turn into a pie dish. Beat the white to a stiff froth with a little sugar. Spread over the top, and put in the oven to brown slightly.

COCOANUT PUDDING.

Slices of stale bread and butter	2 eggs
1 pint Highlander milk (1.4)	3 tablespoons desiccated cocoanut

METHOD.—Butter a pie dish. Make sandwiches of the bread and butter, with cocoanut between. Fill the dish, beat the eggs, add to the milk, and pour over the bread. When the pudding has stood an hour sprinkle the remaining cocoanut over the top and bake slowly one hour. Do not allow the cocoanut to burn on top.

BAKED CUSTARD, No. 1.

1 pint Highlander milk (1.4)	2 eggs (well beaten)
$\frac{1}{2}$ oz. butter	3 teaspoons maizena
	Essence of lemon

METHOD.—Mix the maizena with a little cold milk, and pour the boiling milk on to it. Stir in the butter and cool a little. Add the beaten eggs and essence. Pour into a buttered pie dish, and bake about three-quarters of an hour in a slow oven.

BAKED CUSTARD, No. 2.

1 pint Highlander milk (1.4)	2 eggs (beaten)
$\frac{1}{4}$ oz. butter	1 oz. sugar

Essence

METHOD.—Line the pie dish with short pastry. Beat sugar and eggs, mix with the milk and essence.

Turn into the lined dish, pieces of butter on top. Bake in a moderate oven one hour. It must not boil or the custard will curdle.

CHOCOLATE PUDDING.

1 pint Highlander milk (1.4)	2 eggs (beaten)
1 egg (white)	1 egg (yolk)
1 heaped tablespoon chocolate or cocoa	Slices of bread and butter
	Vanilla, $\frac{1}{4}$ teaspoonful

METHOD.—Butter a pie dish, and nearly fill with the bread and butter. Mix the chocolate with a little hot milk, and add it with the two eggs and yolk to the pint of milk. Flavour and pour over the bread and butter. Allow the pudding to soak half an hour before cooking in a moderate oven. Beat the white to a stiff froth with a little sugar, spread over the pudding when cooked, and return to the oven to brown.

FRITTERS AND PANCAKES

There are several points to remember when mixing batters:—

- (1) Beat thoroughly before adding all the milk, as it is difficult to beat a thin batter smooth.
- (2) A batter containing few eggs needs to be made thicker with flour than one containing more eggs.
- (3) If possible, a batter should stand at least one hour before using, and even longer in cold weather.
- (4) When the egg is separated and the white is beaten stiff before adding, or when powder is used, do not mix with the other ingredients until ready to fry.

To make fritter batter, mix in half the milk, beat the mixture until it is full of air bubbles, then beat in the rest of the milk, and stand one hour before using.

BATTER FOR FRITTERS.

$\frac{1}{4}$ pint Highlander milk (tepid, 1.5)	Olive oil or butter, 1 teaspoon
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1 egg beaten separately	$\frac{1}{4}$ lb. flour
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METHOD.—Beat the yolk of the egg with the milk, and make into a smooth batter with the flour. Add the oil, and the last thing before frying, mix in the beaten white.

BATTER WITHOUT EGGS.

$\frac{1}{2}$ cupful Highlander milk (1.4)	1 teaspoon cream of tartar
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$\frac{1}{2}$ teaspoon baking soda	1 cupful flour
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METHOD.—Sift the flour and cream of tartar together, mix to a smooth batter with the milk, and just before using add the soda dissolved in a little milk.

APPLE FRITTERS, No. 1.

Slice some apples, stamp out the cores. Dip each slice into butter, and fry in smoking hot fat. Drain, and serve with sugar sprinkled over. Some apples need to be parboiled, and well drained before dipping in the batter.

APPLE FRITTERS, No. 2.

$1\frac{1}{2}$ cups flour	$\frac{2}{3}$ cup Highlander
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2 teaspoons baking	milk (1.4)
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powder	$\frac{1}{4}$ teaspoon salt
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1 egg	
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METHOD.—Sift the flour, slowly add the milk, and beat well. When it has stood an hour, add the beaten egg, powder, salt, and the apples. Cut into very small pieces. Drop spoonfuls into the deep hot fat. Fry a pale brown.

PLAIN PANCAKE BATTER.

3 oz. flour	1 egg
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$\frac{1}{2}$ pint Highlander	$\frac{1}{2}$ teaspoon powder
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milk (1.4)	$\frac{1}{4}$ small teaspoon salt
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Builds Sturdy Youngsters.

METHOD.—Sift the flour, salt and powder, and gradually add the milk and the egg well beaten. The frying pan must be hot, and well greased with lard or butter. Pour in enough batter to cover the bottom of the pan. Turn with a slice. When both sides are brown, place on a hot dish, sprinkle each pancake with sugar, roll up and squeeze a little lemon juice over and serve quickly. Pancakes are tough if allowed to stand after they are cooked. Better pancakes are made by omitting the powder and adding one or two eggs.

PANCAKES.

$\frac{1}{2}$ cups flour	1 teaspoon soda
1 egg beaten	1 cup Highlander milk
1 dessertspoon melted butter	2 teaspoons cream of tartar

METHOD.—Sift the flour, slowly add the milk, and beat well. After standing an hour, mix the soda with a little milk, and add it with the eggs, butter, and cream of tartar to the batter. Fry immediately.

FRENCH PANCAKES.

$\frac{1}{2}$ pint Highlander milk (1.5)	2 eggs (beaten separately)
2 oz. sugar	2 oz. flour
1 oz. butter	

METHOD.—Cream the butter and sugar, beat in the flour, yolks, and milk. When the batter has stood for 2 hours, fold in the whites beaten stiff. Place in well-buttered saucers. Bake in a quick oven for 20 minutes. Pile one on top of the other, sprinkle with sugar, and serve with cut lemon.

RICE FRITTERS.

$\frac{1}{4}$ cup Highlander milk (1.5)	1 tablespoon flour
1 egg	1 cupful cold boiled rice

METHOD.—Beat the egg, and mix with the milk, and add to the other ingredients. Drop a table spoonful on to smoking hot fat. When brown, drain on soft paper before serving.

CUSTARDS.

As eggs are added to custard, simply for richness, or thickening, and not to produce lightness, they are beaten but little, unless the whites, beaten until foamy, be added at the last to give a fluffy texture.

A custard that curdles, or is full of holes, has been cooked at too high a temperature. Custards should be stirred all the time while cooking. To prevent a skin forming on the top, keep the lid on saucepan while cooling, and stir occasionally.

Steamed or firm custards are covered with paper, and cooked in water at simmering point.

APRICOT CREAM.

8 apricots (dried)	$\frac{1}{2}$ pint Highlander
$\frac{2}{3}$ oz. gelatine	milk (1.5)
4 tablespoons Unsweet- ened milk (undiluted)	1 oz. sugar Lemon juice

METHOD.—Soak the apricots over-night, and cook them in the water in which they were soaked. Pulp through a sieve. The pulp should measure $\frac{1}{2}$ pint. Soak and dissolve the gelatine in the milk, sweeten to taste, and stir in the Unsweetened milk and lemon juice. Wet a mould, drain it, and pour in the warm cream. Turn out when cold. In cold weather use less gelatine.

Peaches may be cooked in the same manner.

MOCK BAVARIAN CREAM OF APRICOT.

Dissolve one pint packet of jelly crystals. Pour a little into a wet basin. When the jelly is quite firm, place a jam bottle (half full of cold water) in the centre of the basin. Pour the remaining jelly around the sides. When cold turn out the cold water, replace with warm water. Remove the bottle quickly. Immediately fill the centre with the Apricot Cream and put aside to set.

CREAM OF APRICOT.

7 dried apricots (soaked in $\frac{1}{2}$ pint water)	$\frac{1}{2}$ oz. gelatine (soaked and dissolved in $\frac{1}{2}$ pint Highlander milk)
$\frac{1}{2}$ pint Unsweetened milk (undiluted)	2 oz. sugar
Vanilla essence	

METHOD.—Simmer the apricots in the water with the sugar. Pulp through a sieve, re-heat, and add the pulp to the dissolved gelatine. Mix well together, and stir in the Unsweetened milk and essence. Pour into the centre of the jelly, and turn out when cold.

APRICOT CORNFLOUR MOULD.

1 quart Highlander milk (1.5)	A few drops almond essence
1 egg (beaten)	Carmine
4 oz. maizena	

METHOD.—Boil the milk, then stir in the maizena, which has been previously mixed with a little cold milk. Boil five minutes, stirring well. When slightly cooled, stir in the beaten egg, flavouring, and enough carmine to make the mixture an apricot colour. Pour into a wet mould. When set, turn out and serve with stewed apricots.

APRICOT EGGS (A Children's Dish).

2 oz. maizena	1 pint Highlander
Lemon essence	milk (1.4)

METHOD.—Keep back a little milk to mix the maizena. Boil the remainder; pour on the maizena, put back in the saucepan and boil 5 minutes, stirring well. Add the essence.

Wet a small meat dish and pour the mixture into it. When quite cold and firm, cut into small rounds, and place half a cooked apricot in the centre. Grate a little nutmeg over each egg, and serve on a glass dish.

BANANA CREAM.

Soak three-quarters of an ounce of gelatine in one cupful of cold water. Dissolve over the fire in one cup of boiling banana pulp. Add three tablespoonfuls of sugar and juice of half a lemon and half an orange. When cool, mix in half a cup of Unsweetened milk (undiluted). Pour into a wet mould.

DRYED APPLE CUSTARD.

$\frac{1}{2}$ lb. dried apples (soaked and cooked)	$\frac{1}{2}$ cupful sugar 2 oz. butter
1 teaspoon maizena	1 tablespoon Unsweetened milk (undiluted)
Eggs (1 yolk and 1 whole egg)	Nutmeg and lemon juice

METHOD.—Mix the maizena with the milk, and add to the beaten eggs. Stir into the pulped apples and add flavourings and butter. Line a plate (tin)

with milk pastry, and when nearly cooked, spread with the hot mixture, and finish baking. When done, cover with a meringue made from the white of the second egg, and return to the oven until a delicate brown.

BANANA TRIFLE.

$\frac{3}{4}$ pint Highlander milk (1.5)	1 egg (beaten)
1 teaspoon maizena	Orange rind

METHOD.—Place a few vanilla biscuits in a glass dish, and cover with sliced bananas. Pour the juice of a lemon and orange over them. Make a custard with the milk (in which the orange rind has been scalded), maizena and eggs. Pour while hot over the fruit. When cold, sprinkle over with desiccated cocoanut, which has been slightly browned in the oven.

BREAD AND BUTTER JELLY.

Cut one inch sandwiches of stale bread and butter. Make one pint of pink jelly. Pour a small quantity into a wet mould. When set, nearly fill the mould with the sandwiches. Pour over the remaining jelly, which must be nearly cold to prevent the sandwiches rising to the top of the mould. When cold, turn out and serve with a custard sauce. Stale sponge cakes may be used for sandwiches.

RICH BLANC MANGE.

1 cupful Highlander milk (1.4, cold)	1 pint Highlander milk (1.4, boiling)
$\frac{1}{2}$ tin Unsweetened milk (undiluted)	Essence vanilla and almonds
1 oz. gelatine	1 oz. sugar

METHOD.—Soften the gelatine in the cold milk. Boil the pint of milk with the sugar. Strain over the gelatine. Stir well until dissolved. Let cool, and then add the Unsweetened milk and flavourings. Stir occasionally before pouring into a wet mould. When cold, turn out and decorate with blanched almonds.

PLAIN COCOA MOULD.

1 quart Highlander milk (1.4)	1 oz. gelatine
	$\frac{1}{4}$ teaspoon vanilla
4 tablespoons cocoa	

METHOD.—Soak the gelatine in a little of the milk. Boil the remaining milk with the cocoa. Pour it over the gelatine. Stir until melted, add vanilla, and pour into a wet mould.

CHOCOLATE CREAM.

1 tin Unsweetened milk (undiluted)	$\frac{3}{4}$ oz. gelatine
3 oz. chocolate (melted)	1 tablespoon sugar
$\frac{1}{2}$ pint custard	Vanilla to taste

METHOD.—Soak the gelatine in a $\frac{1}{4}$ pint of cold Highlander milk, dissolve it over the fire, and add slowly to the hot custard and melted chocolate. Then gradually add the Unsweetened milk and vanilla.

FOR THE CUSTARD.

$\frac{1}{2}$ pint Highlander milk (1.4)	2 eggs
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HIGHLANDER CREAM SHAPE.

1 quart Highlander milk (1.4)	3 tablespoons maizena
2 tablespoons sugar	4 eggs (whites beaten separately)
$\frac{1}{4}$ teaspoon vanilla	

METHOD.—Boil the milk and pour it over the maizena which has been previously mixed with a little of the cold milk. Boil 5 minutes and add sugar and flavourings. When the mixture is slightly cool, lightly fold in the beaten whites of the eggs. Return the mixture to the range, and keep stirring about three minutes. Pour into a buttered mould. Serve with custard sauce made with the yolks and Highlander milk.

COFFEE JELLY.

1 oz. gelatine	$\frac{1}{2}$ cupful cold water
2 cupfuls clear black coffee (boiling)	1 cupful Highlander milk (1.2)
2 tablespoons sugar	$\frac{1}{2}$ teaspoon vanilla

METHOD.—Soak the gelatine in the cold water, and add it to the boiling sweetened coffee. Stir until the gelatine is melted, then slowly add the milk and essence. When cool turn into a wet mould. Delicious served with Unsweetened milk (undiluted).

STEAMED CUSTARD.

Beat half-a-teacupful of Highlander milk (1.4) with one egg, and add essence of lemon. Pour into a buttered cup, cover with a greased paper, and stand in a saucepan with cold water. Bring to the boil and then simmer twenty-five minutes.

HIGHLANDER JELLY.

1 pint packet jelly crystals	1 tin Unsweetened milk (undiluted)
1 pint Highlander milk (1.4)	$\frac{1}{2}$ teaspoonful essence lemon
$\frac{1}{2}$ cupful water	Essence of almonds
$\frac{1}{4}$ teaspoonful vanilla	2 oz. sugar
1 oz. gelatine	

METHOD.—Soak the gelatine in the water. Boil the milk, dissolve the gelatine in it, and sweeten. Cool a little before adding the Unsweetened milk and flavourings. Divide into three or four parts, colour one with melted chocolate, one pink, one yellow (with saffron or yolk) and one white. When quite cold, cut the colours into leaves or shapes with very small pastry cutters. Arrange in a wet pie-dish, and cover with the jelly made from the crystals. It must be quite cool. When cold, turn out into a glass dish. The Unsweetened milk may be omitted, and Sweetened milk (1.4) substituted.

IVORY JELLY.

1 oz. gelatine	$\frac{1}{4}$ teaspoon essence of lemon
2 cupfuls Highlander milk (1.5, boiling)	$\frac{3}{4}$ cupful Highlander milk (1.5, cold)
$\frac{1}{2}$ cupful Unsweetened milk (undiluted)	A few drops essence of almonds
1 oz. butter	

METHOD.—Soak the gelatine in the cold milk, add it to the boiling milk and butter. Stir until dissolved. When cool, add the Unsweetened milk and essence. (If required add a little sugar.) Stir occasionally, until the mixture cools, then pour into a wet mould.

MAIZENA MOULD.

2½ oz. maizena	2 quarts Highlander
Rind of half an orange	milk (1.5)
Orange sections, 1 orange	

METHOD.—Boil the milk with some of the orange rind, taking care the white is removed. Strain into the maizena, which has been mixed with a little of the cold milk. Return to the saucepan and boil 5 minutes, stirring all the time. (If desired add a little sugar.) Mix in a few drops of carmine, and pour into a wet mould. When cold, turn out and decorate with the sections of orange rolled in pink sugar.

RICE AND RHUBARB SHAPE.

2 lbs. rhubarb	1 pint water
1 cupful sugar	½ lemon, juice
3 tablespoons maizena	

METHOD.—Cut up the rhubarb, wash it and boil it in the water to a pulp. Strain through cheese-cloth. Mix the maizena in one gill of water and add to the juice with the sugar. Boil three minutes, stirring well, and then add the lemon juice and a little carmine.

Boil some rice in Highlander milk (1.5) until thick, butter a basin, line it thickly with the boiled rice, and then fill with the rhubarb jelly. Turn out when cold. Serve with boiled custard.

MOCK BAVARIAN RICE MOULD.

3 tablespoons rice	1½ cups Highlander milk (1.5)
1 egg	1 tablespoon sugar
¾ oz. gelatine	½ cupful cold water
1 cupful Unsweetened milk (undiluted)	Half the juice of a lemon
The juice of 1 orange	1 cup preserved pine-apple (small cubes)
½ cup Highlander milk (1.5), for custard	

METHOD.—Wash and cook the rice in the cup and a half of milk. Make a custard with the egg, sugar, and half-pint of milk. Add the gelatine (soaked dissolved in the water). Strain into the rice, and mix well. When the mixture is quite cool, stir in the Unsweetened milk, pine-apple and fruit juice. Turn out when cold. Thicken the pine syrup with a little cornflour. When cool pour over the cold shape.

If fresh pine-apple be used, cut into cubes, boil and strain before adding to the mixture.

SPANISH CREAM.,

1 quart Highlander milk (1.4)	1 tablespoon Unsweetened milk (undiluted)
2 tablespoons sugar	1 oz. gelatine
5 eggs (beaten separately)	Essence lemon
Half a cinnamon stick	½ pint water

METHOD.—Soak the gelatine in the water. Boil the milk, cinnamon and sugar. Strain over the gelatine and stir until dissolved. When cooled, pour on to the beaten yolks. Return to the fire to thicken without boiling. Cool again before adding to the stiffly beaten whites and essence. Cool, and stir occasionally before pouring into a wet mould. Turn out, and serve with tinned pine-apple.

SURPRISE SPONGE.

$1\frac{1}{2}$ pints Highlander milk (1.4)	3 eggs (beaten)
$\frac{1}{4}$ oz. gelatine	1 tablespoon jam
Sponge cake	Essence of lemon

METHOD.—Soak and dissolve the gelatine (without boiling) in half a pint of milk. Make a custard with the pint of milk and eggs. Mix with the dissolved gelatine and pour a little of the custard into a wet mould to set. Make very small sandwiches of the sponge and jam, and put them into the mould. Fill up with custard and turn out when cold.

OSBORNE JELLY.

$\frac{1}{2}$ oz. gelatine	2 oz. loaf sugar
3 eggs	1 pint Highlander
Juice of 2 lemons	milk (1.5)

Soak gelatine in half a pint of cold milk. Boil the other half-pint of milk with sugar and lemon rind. Pour over the soaked gelatine, and stir until dissolved. Then slowly add the beaten eggs, stirring all the time. Stand the basin in hot water until the eggs set. When cool add lemon juice a drop at a time. Pour into a wet mould.

GEMS.

Gems cannot be made without beating in an abundance of cold air. It is the expansion of cold air that makes them light.

Gems are best baked in iron pans, as iron retains the heat. The irons should be very hot before the batter is dropped into them. The oven should be very hot at first, and the gems placed near the top of the oven, then a crust will be formed immediately to keep the air from escaping.

Finish cooking on the bottom of the oven. Gems should be served hot and broken open. A knife makes them heavy.

Always Ready for Use.

RICE GEMS.

1 cupful cooked rice	2 tablespoons Unsweetened milk (undiluted)
2 cupfuls wheatmeal	
$\frac{1}{2}$ teaspoon powder	$\frac{3}{4}$ cupful Highlander
$\frac{1}{2}$ teaspoon salt	milk (1.5)

METHOD.—Mix rice and Unsweetened milk well together, stir into the meal, salt and powder. Moisten with the milk and beat well. Bake in very hot gem irons.

SCONES.

Scones must be baked in a quick oven immediately they are made. When cooked, place on a cloth, and cover them with the corners. When baked in a gas cooker, place them directly under the deflector on a cold tray. They should always be brushed over with oiled butter, rich condensed milk, or beaten egg. When scones are to be baked in a range, place them on a hot floured tray kept in the hottest part of the oven.

When the oven is not hot enough, the scones are hard and dry quickly. The dough needs to be very soft, and quickly and lightly handled, and very little kneading is required. In fact, hurry from beginning to end.

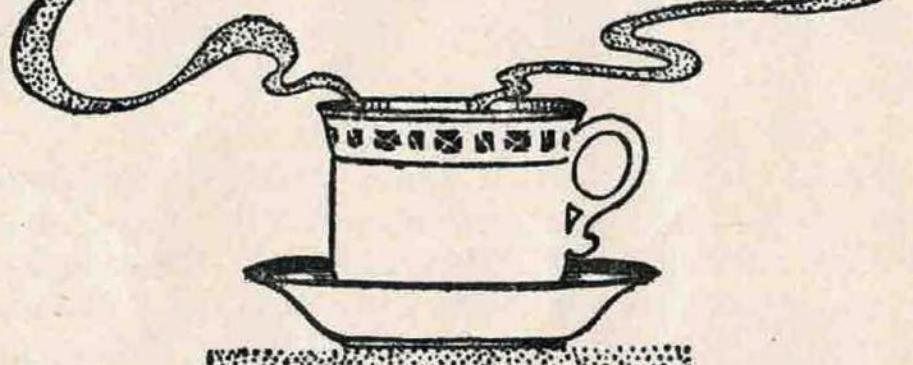
GIRDLE SCONES.

1 lb. flour	$\frac{1}{2}$ pint Unsweetened
2 teaspoons cream of tartar	milk (1.3)
$\frac{1}{2}$ teaspoon salt	1 teaspoon soda 1 teaspoon sugar

METHOD.—Sift flour, cream of tartar, and salt. Dissolve soda, sugar, and salt in the milk, and pour on the flour. Mix to a soft dough, and turn out on a floured board. Work until smooth. Roll out to about half an inch thick, cut into rounds, and bake on a hot girdle. When well risen turn. One or two tablespoons of Unsweetened milk (undiluted) makes them much richer.

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DATE SCONES.

1 lb. flour	$\frac{1}{2}$ teaspoon salt
2 oz. butter	3 level teaspoons powder
$\frac{1}{2}$ pint Highlander milk (1.5)	1 cupful dates, stoned and rolled

METHOD.—Sift flour, powder and salt. Rub in the butter, and mix to a flexible dough with the milk. Turn on a floured board, and roll till smooth, and about $\frac{1}{4}$ inch thick. Brush all over with a little milk. Place the sheet of dates on one half, and fold over the other half of the dough. Brush over with good milk, cut into two-inch squares and bake in a quick oven.

The dates may be stoned, cut up, and added to the flour, instead of being rolled out to a thin sheet.

FRIED SCONES.

1 lb. flour	1 cupful Unsweetened milk (1.5)
3 level teaspoons powder	1 tablespoon Unsweet- ened milk (undiluted)
$\frac{1}{2}$ teaspoon salt	

METHOD.—Sift the dry ingredients well together. Stir in the milk and mix to a soft dough. Roll out, cut into small rounds, and fry in bacon fat. Serve hot, with pepper and salt.

A few currants or sultanas added to the above proportions, and mixed with Highlander milk (1.5), can also be fried and served hot with sugar.

WHEATMEAL SCONES.

$\frac{1}{2}$ lb. flour	$\frac{1}{2}$ lb. wheatmeal
1 tablespoon golden syrup	2 tablespoons salad oil
1 tablespoon moist sugar	2 teaspoons cream of tartar
$\frac{1}{2}$ pint Highlander milk (1.5)	1 teaspoon salt
	1 teaspoon soda

METHOD.—Mix all the dry ingredients well together and make a hollow in the centre. Pour in the warm syrup and oil, and mix to a flexible dough with the milk, in which the soda has been dissolved. Turn on board, and work a little. Cut into three pieces, form into rounds, cut each round into four, prick the tops and place in rounds on a hot floured tray. Cook about 20 minutes. When nearly cooked, brush over with a little sugar and water boiled together. Return to the oven to brown.

SULTANA SCONES.

14 ozs. flour	2 ozs. maizena
$\frac{1}{2}$ pint Highlander milk (about 1.5)	1 oz. butter
1 oz. sugar	1 teaspoon soda
$\frac{1}{2}$ teaspoon salt	2 ozs. sultanas
	2 teaspoons cream of tartar

METHOD.—Sift soda and cream of tartar, add to the dry ingredients, rub in the butter and mix in the sultanas. Pour in the milk quickly. Turn the dough on to a floured board, work a little, and cut into three pieces. Form into rounds, and cut each round into four. Score the tops. Place in rounds on a hot floured tray. Boil 1 tablespoon sugar with two of water. When the scones are well risen, brush over with the syrup, and return quickly to the oven to finish cooking.

Never Disappoints.

WHOLEMEAL SCONES.

$\frac{1}{2}$ lb. flour	$\frac{3}{4}$ lb. wheatmeal
2 ozs. dripping	$\frac{1}{2}$ pint Highlander milk
1 teaspoon salt	(about 1.4)
1 teaspoon soda	2 teaspoons cream of tartar

METHOD.—Mix flour, salt, and cream of tartar together, add wheatmeal, and rub in the dripping. Make into a soft dough with milk. Roll out, and cut into rounds. Brush over with milk. Bake in a quick oven.

RAISED SCONES.

1 lb. flour	2 ozs. lard
2 teaspoons cream of tartar	1 teaspoon soda
1 teaspoon salt	$\frac{1}{2}$ pint Unsweetened milk (1.4)

METHOD.—Sift flour, salt and cream of tartar, and rub in the lard. Dissolve soda in milk and mix to a soft dough. After kneading, divide the dough into six pieces, and shape into smooth round scones. Place closely together in a shallow baking tin, bake in a quick oven about 25 minutes. Just before they are finished cooking, brush the tops over with the beaten white of an egg or some Unsweetened milk.

BREAKFAST ROLLS.

1 lb. flour	$\frac{1}{2}$ pint Unsweetened milk (1.5)
3 level teaspoons powder	
1 teaspoon sugar	$\frac{1}{2}$ teaspoon salt

METHOD.—Mix the dry ingredients well together. Rub in the butter and mix to a soft dough with the milk. Knead, and divide the dough into three portions, and with the hands roll each piece over and over until a roll ten inches long is formed. Cut into

one and a half inch lengths, pack closely together on a hot tray, and brush over with milk. Bake in a hot oven 12 minutes. When cooked, leave the rolls on the tray until required, then brush over with water and re-heat in the oven. The butter may be left out and two tablespoons of Unsweetened milk, undiluted, used instead.

SCONES No. 1.

$\frac{1}{2}$ pint Highlander milk (about 1.4)	1 lb. flour
$\frac{1}{2}$ teaspoon salt	1 teaspoon soda
	2 teaspoons cream of tartar

METHOD.—Sift soda and cream of tartar several times through a fine sieve, and add the flour and salt. Mix to a soft dough with milk, cut into small squares, pack closely together on a hot floured tray, and bake in a quick oven.

SCONES No. 2.

1 lb. flour	1 cup Unsweetened milk (1.4)
3 level teaspoons baking powder	1 tablespoon sugar
2 ozs. butter or lard	

METHOD.—Sift the dry ingredients well together, and rub in shortening. Mix to a very soft dough with the milk, roll out, cut into rounds, and brush over with Unsweetened milk. Bake in a hot oven about 12 minutes, cover with a cloth for a few minutes before removing from the tray.

TEA CAKES (Good).

2 cupfuls flour	1 cupful Highlander milk (1.5)
1 tablespoon sugar	1 teaspoon soda
2 teaspoons cream of tartar	1 egg (beaten)

Guaranteed Absolutely Pure.

METHOD.—Beat the egg and sugar, sift in the flour, sugar and cream of tartar. Dissolve the soda in the milk, and pour on to the other ingredients. Bake about 15 minutes in buttered patty tins.

PLAIN TEA CAKES.

14 ozs. flour	2 ozs. maizena
2 ozs. butter	3 level teaspoons powder
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ pint Highlander
1 egg (beaten)	milk (1.5)

METHOD.—Sift flour and powder, rub in butter and add other ingredients. Mix to a soft dough with the milk and egg, and divide into three parts. Roll each into a round about $\frac{1}{2}$ inch thick, and cut into four. Pack each four closely together on to a hot tray, brush over with a little of the egg, and bake about 12 minutes.

PIKELETS.

$\frac{3}{4}$ cupful Highlander milk (1.3)	1 level cupful flour
1 egg well beaten	$\frac{1}{2}$ small teaspoon salt
1 small teaspoon soda	2 small teaspoons cream
	of tartar

METHOD.—Sift flour, salt and cream of tartar together. Dissolve the soda in milk, add to the flour, and beat well, then add the egg. Cook in dessert-spoonfuls on a greased iron frying pan. The pan must be very hot. If too slow the pikelets are tough. When brown on both sides place on a towel. Butter and serve hot.

SALADS AND DRESSINGS.

What is more desirable on a hot day than salads, cold and crisp! Lettuce generally forms the foundation of everyday salads, but any cold vegetable may be used. Salads are healthful and palatable, and a dressing made with Highlander Sweetened or Unsweetened milk, combined with eggs, makes them much more nourishing than they otherwise would be. For salads, the vegetables must be crisp, cold, tender and fresh. In cities it is often impossible to procure fresh vegetables. If stale, they should be plunged into boiling water a moment or so, then quickly into plenty of cold water for an hour or more. Lettuce, when washed, should be put into a colander to drain, then placed on a towel, the corners gathered up, and the lettuce well shaken to remove any remaining moisture. Crispness is generally assured by proper attention in the kitchen.

Lettuce may be cut with a silver-plated knife. The proper thing is to shred the lettuce with the fingers. Steel knives are liable to give the lettuce a metallic flavour, but if one be used it must be bright. It is more economical to serve the salad and dressings separately. Any left over may then be served again.

When radishes are used, they should be added last thing as they have a tendency to soften the lettuce. When the flavour of onion is desired, use a little onion juice, which is obtained by scraping an onion downwards.

Lemon juice being a natural acid is preferable to vinegar. The quantity of acid used depends upon the individual taste, but a salad should not be an acid dish. Olive oil is beneficial to the strong as well as to the weak. Hard-boiled eggs are not boiled but simmered about twenty minutes.

Be very sparing with the salt. One flavour should not predominate over another. Highlander Unsweetened milk or butter can be used instead of oil. Highlander Unsweetened milk (undiluted) makes a good cream, and is always fresh and easily obtained.

SALAD DRESSING, No. 1.

2 tablespoons Highlander milk (1.4)	2 eggs (hard-boiled)
1 teaspoon mustard (made)	$\frac{1}{4}$ pint vinegar
	2 tablespoons butter

METHOD.—Work the yolk quite smooth in a basin, cream the butter and milk, and add the yolks with the mustard. Slowly add the vinegar.

SALAD DRESSING, No. 2.

$\frac{1}{4}$ pint Unsweetened milk (undiluted)	$\frac{1}{2}$ teaspoon salt
$\frac{1}{2}$ teaspoon mustard (made)	1 tablespoon vinegar
	2 teaspoons sugar
	Enough cayenne to cover a threepenny piece

METHOD.—Mix mustard, sugar, salt and cayenne with the Unsweetened milk, and add vinegar a drop at a time.

SALAD DRESSING, No. 3.

1 teacupful Unsweetened milk (1.2)	1 teacup cold custard sauce (made with Highlander milk)
Juice of a lemon	
$\frac{1}{2}$ teaspoon salt	$\frac{1}{2}$ teaspoon mustard
A pinch of mace	(made)
Cayenne (to cover a threepenny piece)	

METHOD.—Mix the seasonings with the custard, add the milk; then slowly stir in the lemon juice.

BOILED SALAD DRESSING.

$\frac{1}{2}$ pint Highlander milk (1.5), warm	$\frac{1}{2}$ pint Unsweetened milk (1.2), warm
$\frac{1}{2}$ oz. flour	1 oz. butter
3 tablespoons vinegar	Salt, mustard, cayenne

METHOD.—Melt the butter in a saucepan, stir in the flour, add the warm milk, and boil two minutes, stirring well. Then pour on to the condiments, mix well, and slowly add the vinegar. If too thick when cold, mix in a little vinegar. This dressing is delicious with cold vegetable salads.

SALAD DRESSING (for Bottling).

$\frac{1}{2}$ tin Highlander milk	$\frac{1}{2}$ pint vinegar (white)
The juice of 3 lemons	2 ozs. mustard
Cayenne to cover sixpence	1 oz. ground mace
$\frac{1}{2}$ oz. salt	2 ozs. sugar

METHOD.—Mix dry ingredients to a paste with the milk. Boil together, lemon juice, vinegar, salt and sugar. Pour the boiling liquid on to the paste, boil two minutes, stirring well. When preparing for use, dilute one tablespoon with four of Highlander milk (1.4). Stored in air-tight jars, this will keep indefinitely.

MAYONNAISE.

3 tablespoons Unsweetened milk (undiluted)	$\frac{1}{2}$ teaspoon mustard
1 teaspoon vinegar	1 teaspoon sugar
2 teaspoons lemon juice	1 oz. butter
2 eggs (uncooked yolks)	Cayenne
	Salt to taste

METHOD.—Warm the milk and butter in a basin, stand the basin in hot water, add the beaten yolk; stir over the fire until the mixture thickens.

Add the other ingredients, while cooling; stir frequently.

COCOANUT FILLING.

1 tablespoon maizena	$\frac{1}{2}$ pint water
1 tablespoon Unsweetened milk (undiluted)	3 tablespoons sugar
1 teacupful desiccated cocoanut	1 lemon, juice and grated rind

METHOD.—Mix maizena smooth with a little cold water, stir in the other ingredients and boil two minutes, stirring well. When nearly cold spread between layer cakes.

ORANGE FILLING.

1 pint Highlander milk (1.6)	1 oz. gelatine
1 cupful orange juice	1 lemon, juice and rind Sugar to sweeten

METHOD.—Soak the gelatine in half the milk and simmer the lemon rind in the other half. Strain over the soaked gelatine and remove from the fire (must not boil), slowly add sugar and fruit juice. Pour into wet plates.

CREAM FILLING.

$\frac{1}{2}$ pint Highlander milk	1 egg
1 tablespoon maizena	1 tablespoon sugar
1 tablespoon Unsweetened milk (undiluted)	

METHOD.—Mix maizena with a little cold milk and add to the remaining boiling milk. Boil two minutes and pour over the beaten egg. Return to the saucepan, add half an oz. butter, and stir until the cream thickens (must not boil). Add essence of vanilla and Unsweetened milk. Spread between sandwich cakes while cake and cream are hot.

COFFEE FILLING.

$\frac{1}{2}$ pint Highlander milk	$\frac{1}{4}$ pint Unsweetened milk (undiluted)
$\frac{1}{4}$ pint coffee, clear and black	2 eggs (beaten)
$\frac{1}{2}$ cupful flour	$\frac{1}{2}$ teaspoon vanilla
3 tablespoons sugar	$\frac{1}{4}$ teaspoon salt

METHOD.—Mix the flour with the cold coffee and add to the Highlander Sweetened and Unsweetened milk. Boil together with the sugar and salt, and when cool, stir in the beaten eggs. Stir over the fire till the mixture thickens. When cold, use for filling cakes.

CHOCOLATE CUSTARD.**Filling for Cream Puffs, Cakes, etc.**

$\frac{1}{2}$ pint Highlander milk (1.4) cold	$\frac{1}{2}$ pint Highlander milk (1.4), hot
2 oz. sugar	2 eggs
2 oz. chocolate	$\frac{1}{2}$ cupful flour
$\frac{1}{2}$ teaspoon vanilla	$\frac{1}{4}$ teaspoonful salt

METHOD.—Mix the flour, salt and sugar to a batter with the cold milk, and add to the hot milk and grated chocolate. Boil five minutes, and when cooled, add the beaten eggs. Stir over the fire until the eggs are set, then add flavouring. Stir occasionally while cooling to avoid the formation of a skin.

CHOCOLATE FILLING FOR PATTY PANS.

1 oz. chocolate (grated)	1 oz. sugar
1 oz. butter	$\frac{1}{2}$ oz. maizena
1½ oz. cake crumbs	1 egg (beaten separately)

METHOD.—Cream butter and sugar and add the yolk and one tablespoonful of Highlander milk (1.3). Stir in the dry ingredients, then the stiffly beaten white.

From the South Land.

HIGHLANDER CREAM.

2 teacups Highlander milk (1.3)	1 teacup Unsweetened milk (undiluted)
6 leaves gelatine	1 teaspoon essence of
1 tablespoon sugar	lemon

METHOD.—Soak the gelatine in the milk and dissolve over the fire, without curdling. When cool, add the Unsweetened milk and essence. Wet a plate, pour in the mixture, and when cold, place between sandwich cakes.

ICING (Soft Boiled).

$\frac{1}{2}$ lb. brown sugar	$\frac{1}{2}$ pint Unsweetened
1 oz. butter	milk (undiluted)
Vanilla essence	

METHOD.—Boil milk, sugar and butter together, keeping well stirred. When beginning to thicken, remove from the fire, stand the saucepan in cold water, and beat until thick enough to spread on a cake.

HIGHLANDER MILK ICING.

1 breakfastcup sugar No. 1	$\frac{1}{2}$ breakfastcup High-
$\frac{1}{2}$ oz. butter	lander milk (1.5)

METHOD.—Boil all together about seven minutes, keeping the mixture well stirred. Add essence, and beat till creamy. While hot, spread over the cake with a knife. If the icing becomes granular, add a little more milk.

Full Cream.

MILK MARZIPAN.

$1\frac{1}{2}$ cups Highlander milk (1.4)	2 oz. almonds, ground
$\frac{1}{2}$ lb. sugar	1 teaspoonful almond essence
$\frac{1}{2}$ lb. glucose	$\frac{3}{4}$ lb. icing sugar
$\frac{1}{2}$ oz. gelatine	Yellow colouring

METHOD.—Boil milk, sugar and glucose to 140° (soft ball). Remove from the fire and add the soaked and drained gelatine and essence. Stir in about $\frac{3}{4}$ lb. of icing sugar. Now pour into a flat basin containing another lb. of icing sugar. When cool, knead into a soft dough, using more icing sugar if required.

Work in colours and flavours as desired for flowers, leaves or fruit.

CARAMEL ICING.

3 cups light brown sugar	1 tablespoonful butter
$\frac{1}{2}$ cup Unsweetened milk	1 teaspoonful vanilla

METHOD.—Boil all ingredients 4 minutes, and beat until the mixture thickens.

Spread at once upon the cake.

CREAM ICING.

$1\frac{1}{2}$ cups Highlander milk (1.6)	$1\frac{1}{2}$ lbs. sugar
$\frac{1}{2}$ oz. gelatine	$\frac{1}{2}$ lb. glucose

METHOD.—Cut up the gelatine and soak in a little cold water, drain before using. Boil sugar, glucose and milk to 240° (or soft ball). Remove from the fire and add the gelatine. When cool, beat until white. Now add sifted icing sugar until as stiff as required. Damp the cake before putting on the icing. Any left over may be warmed and worked up again.

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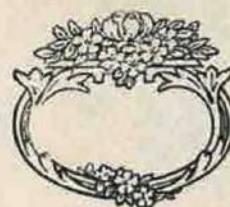
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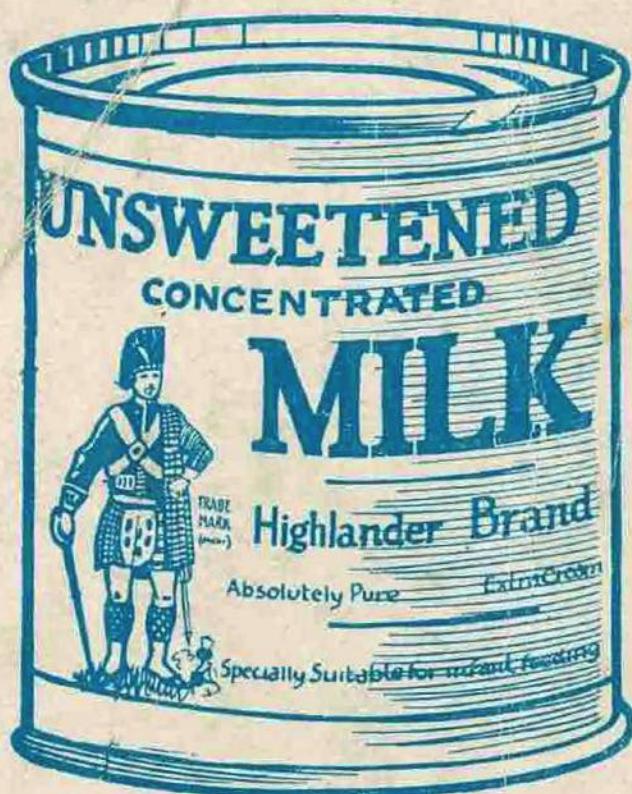
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